



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Mango Salsa*

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: not given

Cups of Fruits and Vegetables Per Person: not given

Ingredients:

1 red bell pepper
1 yellow bell pepper
1 green bell pepper
1 jalapeno pepper
2 garlic cloves
1 red onion
3 mangos
Juice of 1 lime

Directions:

Chop all the vegetables and combine in a large bowl. Refrigerate for several hours. Serve with tortilla chips or on fish.

* Source unknown

Nutritionist Notes:

- High in fiber
- High in Vitamin A
- High in Vitamin B6
- High in Vitamin C